

Things to remember

The first rule of fundraising is to keep it fun, but there are a few other things that you need to bear in mind

- Health and Safety
- Licences and Insurances
- Regulations around lotteries, raffles, competitions and prize draws
- Children and young people

More details can be found in our fundraising pack.

Sending in your money

You can donate the money online through

Entfuse. The direct link can be found on our web page.

To send in your money by **post**, please send a cheque payable to North Kent Mind to our Dartford offices. However please do not send in cash.

Remember to send in any sponsorship forms you have and write a quick note with your name and what fundraising activity you are doing (this way we know what money is from what person!)

To make a **direct BACS** payment please contact our finance department.

Contact us

01322 291 380

fundraising@northkentmind.co.uk

North Kent Mind's other services

Wellbeing Services

A range of open sessions, activity sessions, coping with life courses, self-development, support groups, mindfulness courses, recovery groups.

NHS Talking Therapies

Talking therapies provided on behalf of the NHS: counselling, CBT, psycho-education, guided self-help, and group work.

Employment Services

A range of services to support people into employment, volunteering or training.

Fee-paying Counselling

Individual counselling with a 2 year cap. Fees from £15.00 per session. As well as anger management courses running over 6 weeks with a fee of £150.

Housing Services

A service consisted of supported housing properties offering short-term tenancies.

Children and Young Persons' service

A diverse range of services aimed at young people in and out of schools to provide mental health awareness and improving resilience .

Training Services

Mental health training.

North Kent Mind

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Registered in England Company No. 5093370. Limited by Guarantee.

Affiliated Local Association Registered Charity No. 1103790

June 2023

Help support
North Kent Mind


mind
North Kent
Fundraising



01322 291380

northkentmind.co.uk



About Us

We are North Kent Mind, an independent mental health charity providing support to people living in Dartford, Gravesham, Swanley and Medway

We support our local community through a range of services including:

- Housing
- Fee-Paying Counselling and Anger Management Courses
- Employment and Money Guidance
- A selection of Wellbeing services
- Children and Young Persons
- NHS Talking Therapies



We won't give up until everyone experiencing a mental health problem gets both support and respect.



Why support us?

Raising Awareness

The chances are that right now someone you know is dealing with a mental health problem, whether it be a family member, neighbour or colleague.

Unlike other illnesses, mental health issues are not easy to talk about.

However with your help we can change this.

Continuation of Services

The money you raise will go towards the continuation of the service we provide and also to expand our services to a wider audience. We also need the support of local people to ensure the service we provide continues.... *we need your help.*

“It wasn't until I came to Mind that I found there was someone to help”

Fundraising ideas

Here are some ideas to kick start your fundraising journey

- Arrange a bake sale
- Have a clear out and head to the car boot
- Hold a pub quiz or organise a raffle
- Take part at an event that's already running such as a 5k run, bike ride or swim.
- Ask for donations for your birthday instead of getting another pair of socks!



We can help you!

We really value your help and want to give you the best possible support to help you in your fundraising activities!

We can arrange a visit to our main centre in Dartford and chat about your plans

We can email you a fundraising pack, or it can be downloaded from our website.. This has lots of advice and tips to help

We can provide templates for posters, leaflets and social media to help you promote your event.

When fundraising it is important to always emphasis that you are fundraising for **North Kent Mind** rather than just Mind.



Social Media

It's so easy now to spread the word about your fundraising.

Post photo's, tweet, use hashtags and go 'live' to share your fundraising journey.

We can also use our platforms to help and remember to always share your fundraising link.